



Killer's dad wishes son was never born

Father of Newtown shooter Adam Lanza speaks out

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Science behind an out-of-body experience

A pair of researchers from the University of Ottawa use science to explain the phenomenon

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MURDER SUSPECT ARRESTED

Montreal police confirmed Monday that Philippe Steele-Morin, the lead suspect in the murder of Tricia Boisvert, has been arrested. Ottawa police made the arrest, but no other details have surfaced. Boisvert was a 36-year-old Montreal resident who went missing Jan. 17. Her body was found in Quyon nearly a week later. Steele-Morin is originally from Masham, Que., but was more recently living in Gatineau. MONTREAL POLICE HANDOUT

Striking security officer run over at Carleton University

Angry. Striking worker hit by car, but continues to picket at the institution

A strike at Carleton University took a nasty turn Monday when a picketer was run over and pinned under a car before it backed up and sped away.

Special Constable Kelly Brown is normally on hand to protect the student body, but Monday morning the striking security worker found herself underneath a car while colleagues shouted at the driver to back up.

Brown and other security staff at the school were picketing the Colonel By entrance at the school over staffing and pay when the collision happened.

"I'm angry, I'm really angry but I am so glad I was wearing my snowboard boots," she told Metro minutes after the accident. Luckily, Brown was not injured in the incident.

"My foot was pinned right under there."

Ottawa Police Service Constable Chuck Benoit confirmed the car did not stay on the scene and police are investigating.

Brown says she was just trying to raise awareness of bargaining issues.

"We are striking for fair wages and for better staffing. We want to go back to work, we love our jobs. Campus is growing. We just want to be treated fairly."

Student Jasmine Renaud says there were long delays getting in to school Monday morning.

"I was going by the Colonel By entrance and literally

they stopped every single car and backed up cars to Prince of Wales Drive telling people to support the strike," said Renaud.

Bargaining team chair Brent Gobeo says the team unionized in May of last year looking for parity with other universities in Ontario.

Gobeo says the university is "gambling with their safety."

"We had to do this. We've been fighting for years," he said.

"The university decided it's better for us to strike. At the end of the day it is student safety at risk."

Carleton teaching assistants were able to reach an agreement over the weekend but Gobeo says the university didn't budge on security worker contracts during a last minute call late Sunday evening.

OONA WOODS/FOR METRO



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Study reveals the science of getting out of your head

A curious case.

University of Ottawa researchers say out-of-body experiences may be linked to unusual brain chemistry



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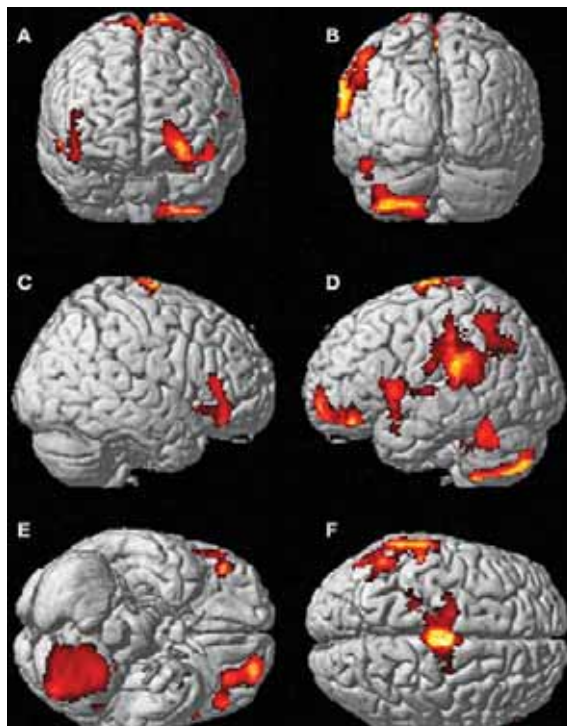
An out-of-body experience may sound like something from a paranormal movie, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it as a child to help her fall asleep.

Messier and Smith conducted MRI scans of the woman while in this state and found there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or rolling over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something



Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he added. "We were a bit unsure, skeptical, that this was actually happening."

Since this study was published, Messier said he's heard from others who say they can voluntarily have out-of-body

experiences. He's also seen blog articles that link this study to religion or paranormal activity, but said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Politics. Premier Wynne talks retirement security, budget and cheese

Premier Kathleen Wynne toured the Ottawa-Gatineau region Monday to help the St. Albert Cheese Co-operative buy equipment and establish a new production line. All 100 workers at the factory lost their jobs last year when the factory burned down. Wynne says this new incarnation of St. Albert will bring back the workers and create 10 new jobs.

Wynne announced \$1 million Monday to help the St. Albert Cheese Co-operative buy equipment and establish a new production line. All 100 workers at the factory lost their jobs last year when the factory burned down. Wynne says this new incarnation of St. Albert will bring back the workers and create 10 new jobs.

"St. Albert Cheese has been a cornerstone of this community for the past 120 years, and I'm proud to support this important project," she said.

The premier also toured another new venture, stopping by Bruyère Village in Orleans ahead of its official opening on Friday. The 227-unit, purpose-built housing is designed to provide as much independence for seniors as possible.

Wynne also spoke briefly at the National Arts Centre Monday afternoon to reiterate her



Premier Kathleen Wynne speaks to senior citizens at Bruyère Village on Monday. OONA WOODS/FOR METRO

intention to keep retirement planning on the agenda.

"We were very disappointed in the federal government's pretty much unilateral decision to shut down discussions on the enhancing the Canada Pension Plan so we are moving forward to take action," she said.

Wynne says there will be a spring budget and measures to address retirement security will be in it.

OONA WOODS/FOR METRO

Measles. Possible second case being investigated

Ottawa Public Health (OPH) is investigating a reported second case of measles at St. Stephen Catholic School — a classmate of Ottawa's first confirmed case of measles since 2011 is now showing symptoms of the disease.

OPH is urging those not vaccinated to do so immediately.

The city's public health agency expects more cases as they investigate, and are urging parents to watch for early

symptoms such as fever, cough and tiny white spots in the mouth. Within three to seven days, a red blotchy rash could appear on the face, which will then spread to the rest of the body.

If you think you may have measles, isolate yourself from anyone not immunized and call your doctor before going to hospital, to avoid further spreading.

TREVOR GREENWAY/METRO

1 NEWS



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The Rideau Valley Roller Girls CONTRIBUTED

Duking it out on roller derby oval

Double header. 'Titty takedown' and 'booty blocking' still pinnacles of growing game

LUCY SCHOLEY
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Gone are the flashy fishnets and hot pink short shorts, but the fighting, broken ankles and four-wheeled roller skates remain.

Roller derby is transforming from the feisty, flashy spectator event it once was to a more serious sport. So while you might see a costume or two in the Rideau Valley Roller Girls (RVRG)

Double Header in Rockland this weekend, players say you should go for the game itself.

"We're trying to legitimize the sport," said Natalie Campbell, or Drunky Brewster as she's known on the roller derby playing oval. "We practice for nine hours a week and people come to the games and they assume that we're a showpiece, as opposed to actual athletes."

Some athletes are even beginning to use their legal names in the sport, rather than the typical tough nicknames. There are athletes from the Ottawa region who are serious enough to compete at the world level.

But rough moves like the "titty takedown" — which is when you cut somebody off and hit them square in the

chest — and the other cutoff move known as "booty blocking" are still pinnacles of the game. Five players from each team speed around an oval-shaped rink, with a teammate from each side designated the "jammer" trying to stay ahead of the pack. The brutish "blockers" play both offensively and defensively to keep their jammers in the lead.

The RVRG's Sirens team is playing against Moncton's Muddy River's Lumbersmacks on Saturday. It will be followed by the RVRG's Vixens, who will face off against the Misfit Militia of Alliston, Ont.

Both games will be at the Jean Marc Lalonde Arena, at 1523 DuParc Ave. in Rockland on Saturday.

Ottawa chef hopes to get big (\$250K) piece of pie

An amateur chef from Ottawa is pursuing his passion by competing in the reality cooking show *Recipe to Riches*.

Don Chow, IT project manager at Environment Canada, will be sharing his personal pie recipe in the entree category with the hopes of moving onto the finals for a chance to win \$250,000.

To enter the competition, Chow and his wife drove down to Toronto, stopping over at a friend's place. "We used their kitchen and stayed up all night cooking," says Chow.

In *Recipe to Riches* competitors face the pressures of working in a professional restaurant setting where quality has to stand up to quantity.

"You're looking at 300 portions — I'd never done anything that size before," says Chow.

One of the challenges

Ottawa amateur chef Don Chow will appear on CBC's *Recipe to Riches* March 12. CONTRIBUTED

called for Chow to create a tortilla soup with red Thai curry. "It's making a twist on modern foods with ethnic flavours," says Chow.

His dream is to someday open up a restaurant where

he could experiment with this type of culinary fusion.

"The food scene in Ottawa isn't boring — we're at a crossroads," adds Chow, noting that there are a lot of interesting restaurants opening up.

As an avid food blogger, Chow can be found on foodieprints.com, which features recipes, restaurant critiques and wine reviews.

Each week, CBC's *Recipe to Riches* focuses on a different category, with five competitors being selected to move onto the finale.

The finalists receive \$25,000 and have their recipes made available across the country in select Loblaw stores as well as a shot at the \$250,000 grand prize.

The third episode airs March 12th at 9 pm and the finale will take place April 2.

TANYA KIRNISHNI/FOR METRO

Disturbance call

Ottawa man caught with loaded handgun

A 23-year-old Ottawa man has been arrested for close to a dozen charges including possession of a loaded handgun.

Police arrested Ahmed Essa Saturday after investigating a disturbance call at 2900 Fairlea Crescent at around 7 a.m.

Police seized a loaded gun, marijuana and a "large amount" of cash.

Essa's charges include careless use of a firearm, possession of a weapon, carrying a concealed

weapon and possessing a restricted firearm without a license, drug possession and others. He is expected to appear in court at a later date.

TREVOR GREENWAY/METRO

Beware...

Scammers claiming to be CRA target victims over unpaid taxes

Ottawa police are warning the public about a recent scam where a caller claims to be someone from the Canada Revenue Agency.

Police say the caller is

aggressive and threatens victims with jail time and seizure of bank accounts if they do not immediately address their unpaid taxes.

Victims are told to go to retailers, buy pre-loaded gift cards and give the card's information to the caller.

The targeted victims have been people of East Indian descent.

Police say the number shows up on call display with a 613 area code, but likely originates outside of Canada.

The Ottawa Police Organized Fraud Unit is investigating and advises anybody who has been a victim to contact them.

LUCY SCHOLEY/METRO

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French world cinema comes to Ottawa

ByTowne Cinema.
DiverCiné features films from home and abroad



LUCY SCHOLEY
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France's influence on francophone cinema around the world reveals a "funny collision of cultures" in this year's DiverCiné.

That's how Tom McSorley, the executive director of the Canadian Film Institute (CFI), describes the 12th annual DiverCiné Film Festi-

val: World Cinema from La Francophonie.

The festival is screening movies from 10 different French-speaking countries around the world, including Canada, Cambodia, Romania and France. Despite their common language, it makes for a diverse mix of films, hence the festival's name.

"They're very different, in terms of their relationship to their own regions," said McSorley, adding that France continues to invest in film production around the world.

McSorley said a film that stands out is *The Missing Image*, which was nominated

for best foreign film at the Oscars and won an award at the Cannes International Film Festival. The dramatic claymation depicts the Khmer Rouge era, when it ruled over Cambodia in the 1970s. It screens on March 15.

Those looking for lighter fare can check out the France-made film *9 Month Stretch*, which is a comedy about a child-loathing court judge

who realizes she's pregnant. It screens on March 14.

The CFI organizes several regional film festivals a year, including those based on Japanese-, Indian- and Israeli-made movies.

McSorley said he aims for films that are typically hard to find in Canada.

DiverCiné continues until March 16 at the ByTowne Cinema.



A still from *The Missing Image*, which will be screened at this year's DiverCiné. CONTRIBUTED

Festival. This summer's all about the dancers

This summer, dancers from across the country will be taking to the stage in Ottawa.

The Canadian Dance Festival (CDF), running June 9 to 14, will feature works by Canadian dance artists dealing with everything from war and tragedy to love and relationships.

The festival first took place in 1987 and with the support of its co-producer, the National Arts Centre, it has continued to engage with cultural and social issues through the celebration of Canadian dance.

"We like to say that contemporary dance by its very nature changes every year," said Jeanne Holmes, artistic producer of the CDF.

"The works are exploring things that are quite relevant to contemporary society."

A *Soldier's Tale*, created by Michael Greyeyes and Signal Theatre, will address the aftermath of war and its

impact on soldiers coming home.

Lara Kramer Danse will perform *Native Girl Syndrome*, which she dedicates to her grandmother, who had 11 children, all taken away from her.

"She is looking at the residual impact of residential schools," said Holmes.

The CDF will be closing with a piece by Tedd Robinson, an Ottawa-based choreographer who is undertaking a national collaborative project that will feature 60 young dancers from across six cities.

"The festival is a terrific opportunity for the national community to intersect with the local," said Holmes. She explained that the CDF provides a wonderful networking opportunity for dancers and choreographers.

"The work is a gift to Ottawa and it has a life afterwards."

TANYA KIRNISHNI/FOR METRO



A *Soldier's Tale*, created by Michael Greyeyes and Signal Theatre, addresses the aftermath of war and its impact on soldiers coming home through dance. CONTRIBUTED

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Israel displays rockets allegedly seized in raid of Iranian ship

Red Sea. Israeli PM tries to put pressure on West to impose tougher nuclear sanctions on Iran

Israel's prime minister on Monday triumphantly toured a display of dozens of rockets that navy commandos intercepted in the Red Sea last week, alleged to be on their way from Iran to the Gaza Strip, and accused the international community of ignoring Iranian support for militant groups and falling victim to a charm offensive by the new leadership in Tehran.

Benjamin Netanyahu's visit to this Red Sea port capped a six-day PR blitz aimed at persuading world powers to toughen their position in nuclear talks. So far, the international reaction has been subdued, illustrating the uphill battle the Israeli leader faces in his efforts to change the minds of world leaders about Iran's outreach to the West.

He spoke to a backdrop of the captured ship and Israeli

vessels involved in the operation. "Iran, a brutal regime, has not abandoned its deep involvement in terrorism, its systematic efforts to undermine peace and security throughout the Middle East and its ambition to destroy the state of Israel," Netanyahu said. "What is new is not Iran's deeds or its lies, but the desire of many in the international community to bury their heads in the sand."

The tough comments threatened to further strain Netanyahu's already tense relations with the European Union and the White House.

State Department spokeswoman Jen Psaki told reporters in Washington that the U.S. is concerned about Iran's support for militants but is still focused on resolving the nuclear issue.

Iran has denied any connection to the shipment and accused Netanyahu of staging the raid to derail Tehran's improving relations with the West. The ruling Hamas group in Gaza, and the smaller Islamic Jihad, which has ties with Iran, said they were not connected to the weapons. **THE ASSOCIATED PRESS**



Israeli Prime Minister Benjamin Netanyahu speaks as dozens of rockets are displayed after being seized from the Panama-flagged KLOS C civilian cargo ship that Israel intercepted last Wednesday off the coast of Sudan, at a military port in the Red Sea city of Eilat, southern Israel, Monday. **THE ASSOCIATED PRESS**

Sled dog race

Alaskan mushers lead the way in Iditarod Trail race

Two Alaska mushers arrived Monday morning at the second-to-last checkpoint of the Iditarod Trail Sled Dog Race: a four-time champion and a competitor seeking to become only the third woman to win the race.

Jeff King was leading Aliy Zirkle by less than an hour as they pulled in to White Mountain, about 128 kilometres from the finish in Nome.

Teams must take an eight-hour layover at the checkpoint. The racers are expected to begin arriving in Nome no later than Tuesday.

About 200 volunteers were in Nome to make last-minute preparations, such as getting the dog lot ready to receive teams. **THE ASSOCIATED PRESS**



Aliy Zirkle at the White Mountain checkpoint Monday. **THE ASSOCIATED PRESS**

West Bank

Israeli guards kill Jordanian judge at border crossing

Israeli guards shot a Jordanian man on Monday who Israelis said tried to grab a rifle from a soldier at the Allenby border crossing between the West Bank and Jordan.

A Jordanian judicial official, speaking on condition of anonymity, confirmed the man was a judge working in Amman since 2009. He was identified as magistrate Raed Zueter.

"The terrorist ran toward soldiers yelling 'Allahu Akbar' attempting to seize their weapons," the Israeli military said. "The soldiers felt an immediate threat to their lives and fired toward his lower extremities. The suspect then began to strangle a soldier and the force resorted to firing again."

Shootings at the Allenby crossing are rare. Israel and Jordan signed a peace agreement 20 years ago and have close security ties.

THE ASSOCIATED PRESS

U.S. military. Sexual assault case in jeopardy

The sexual assault case against an Army general was complicated Monday when the judge said the military may have improperly pressed ahead with a trial to send a message about its determination to curb rape and other widespread misconduct.

Judge Col. James Pohl refused to dismiss the charges against Brig. Gen. Jeffrey A. Sinclair but offered the defence another chance to plea-bargain the case down with a different set of military officials.

Pohl reviewed newly disclosed emails in Sinclair's case and said he found evidence of unlawful command influence in the Fort Bragg officials' decision to reject a plea deal before the trial began late last week.

Under the military code of justice, the decision was supposed to be decided solely on the evidence, not its broader political implications.

The defence has until Tuesday morning to decide whether to submit a plea bargain proposal again or allow the court-martial to proceed.

Richard Scheff, the general's lead defence lawyer, would



Brig. Gen. Jeffrey A. Sinclair
JAMES ROBINSON/FAYETTEVILLE OBSERVER/
THE ASSOCIATED PRESS

not say how he might proceed.

Sinclair is accused of twice forcing a female captain to perform oral sex on him in Afghanistan in 2011 during a three-year extramarital affair.

He has admitted to the affair but denied assaulting the woman.

He is believed to be the highest-ranking U.S. military officer ever court-martialed on sexual assault charges. He could get life in prison if convicted. **THE ASSOCIATED PRESS**

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Officer's perjury trial gets heated

Robert Dziekanski case. Mountie who used a Taser on the Polish immigrant entered a not guilty plea on Monday

A lawyer for the Mountie who repeatedly stunned Robert Dziekanski with a Taser says the Crown shouldn't be allowed to argue that officers colluded to get their stories straight on the night the man died, because another perjury trial already determined that didn't happen.

Const. Kwesi Millington was among four RCMP officers who confronted the Polish immigrant at Vancouver's airport on Oct. 14, 2007, and all four were later charged with perjury for their testimony at a subsequent public

inquiry.

One of the officers, Const. Bill Bentley, was acquitted in a trial last year. The Crown's case against Bentley depended almost entirely on the theory that all four officers worked together on a story to tell investigators and then lied to the inquiry to cover it up.

As Millington's perjury trial began on Monday, his lawyer told a judge it would be an abuse of process to allow the Crown to present a theory that another judge already rejected.

"The Crown is wanting to re-argue the very same issue — collusion — that has been conclusively decided," Ravi Hira said in B.C. Supreme Court, as Millington watched from the prisoner's dock.

"The Crown should be stopped from re litigating the issue."

The Crown had yet to reply, but a prosecutor told



RCMP Const. Kwesi Millington
THE CANADIAN PRESS

the court Millington's trial would hear different evidence than Bentley's case and that Hira's application was premature.

Former corporal Benjamin (Monty) Robinson is scheduled for trial in late May, while Const. Gerry Rundel's trial is set for the fall.

THE CANADIAN PRESS



Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

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Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription painkillers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life — and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users

Quoted

"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."

U.S. Attorney General Eric Holder

mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C. allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie say an eight-year-old was pushing a shopping cart loaded with \$1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

Alberta, Ontario mixed on S. Korea free-trade deal

Tale of two provinces.

Ontario worries about impact on auto sector, but Alberta sees benefit for agri-food

Canada's pending free-trade deal with South Korea is shaping up to be a tale of two provincial solitudes.

Ontario is worried the deal will unleash a flood of Korean-made automobiles and imperil the jobs of the province's auto workers.

But Alberta says it "makes sense" for the province, on a number of fronts, including energy and agriculture.

"In general terms on trade

agreements, on the aggressive courting of Asia markets ... there's a decidedly different attitude not just on this free trade agreement — a whole package of deals that are being negotiated — the Western Canadians, the Albertans, the energy people, B.C., Saskatchewan and Manitoba (are) generally very aggressive," said Paul Evans, director of the Institute of Asian Research at the University of British Columbia.

Ontario Premier Kathleen Wynne reiterated her province's ambivalence toward the deal again Monday, hours before the details were announced.

"We are of two minds. We are optimistic, and at the same time we are cautious on the

Balance of power

"There's a new balance of forces in the country and I wouldn't overstate that it's tipped to the West."

Paul Evans, director of the Institute of Asian Research at UBC

auto sector," Wynne said at Queen's Park.

Ontario sources who were briefed on the trade deal say the province still has some serious concerns. They say the federal government has not managed to negotiate a deal that was at least as good as the one the U.S. struck with South Korea.

THE CANADIAN PRESS



Protesters arrested in Philly over Keystone

Police scuffle with protesters demonstrating in opposition to the proposed Keystone XL oil pipeline Monday, as they block a door to the federal building in Philadelphia. The protesters say the pipeline would contribute to global warming. MATT ROURKE/THE ASSOCIATED PRESS

2 Lev Tahor kids stopped at airport

Media reports say two more children belonging to a fringe Jewish sect will be placed in the care of children's aid after being stopped at Calgary International Airport.

Published reports say a 17-year-old girl and her infant daughter — both members of Lev Tahor — were met by police Sunday afternoon and

will be returned to Ontario at an unspecified time.

Calgary police would only tell The Canadian Press they had assisted in the apprehension of two people for Chat-ham-Kent Children's Services.

The children's aid agency could not be reached for comment Sunday.

At least two Lev Tahor

families left Canada for Guatemala last week amid child custody proceedings, but some of them were stopped in Trinidad.

Nine of them were brought back to Canada late Saturday, including six children who were then placed in the care of the Children's Aid Society. THE CANADIAN PRESS

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South Sudan. Protesters denounce UN after weapons found in truck

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of land mines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government. "The transport of cargo of

Security report

An internal UN security situation report over the weekend said the government impounded 12 UN trucks.

general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labeled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier. **THE ASSOCIATED PRESS**

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked

rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal. **THE ASSOCIATED PRESS**

Russia warns Ukraine over 'lawlessness' in east

Geopolitical crisis. Minister says nation in near state of war

Ukraine's foreign minister said Monday that his country was practically in a state of war with Russia, as Moscow further ratcheted up pressure on Kyiv, claiming that Russian-leaning eastern regions have plunged into lawlessness.

Russian forces have effectively taken control over Ukraine's Crimean Peninsula in what has turned into Europe's greatest geopolitical crisis since the end of the Cold War. On Sunday the region is to hold a referendum on whether to split off and become part of Russia, which the West says it will not recognize.

"We have to admit that our life now is almost like ... a war," Foreign Minister Andrii Deshchyt'sya said before meeting his counterparts from Belgium, the Netherlands and



Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo. The arrival of Russian troops in Crimea has opened old wounds among the Crimean Tatars, who once again fear they will be unwelcome in their homeland. **DARKO VOJINOVIC/THE ASSOCIATED PRESS**

Luxembourg. "We have to cope with an aggression that we do not understand."

Deshchyt'sya said Ukraine is counting on help from the West. Prime Minister Arseniy Yatsenyuk is to meet with U.S. President Barack Obama in Washington on Wednesday.

On Monday, the Russian Foreign Ministry said lawlessness "now rules in eastern regions of Ukraine as a result of the actions of fighters of the so-called 'Right Sector,' with the full connivance" of Ukraine's new authorities.

Right Sector is a grouping

of far-right and nationalist factions whose activists were among the most radical in the Ukrainian capital, Kyiv.

Pro-Russia sentiment is high in Ukraine's east and there are fears Russia could seek to incorporate that area as well. **THE ASSOCIATED PRESS**



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'You can't get any more evil': Killer's dad

Newtown massacre.

Peter Lanza breaks his silence more than a year after his son killed 20 first-graders and six educators

In his most extensive comments about the 2012 Con-

necticut school massacre, the father of gunman Adam Lanza describes his struggle to comprehend what his son did — an act that “couldn’t get any more evil” — and how he now wishes that his son had never been born.

Peter Lanza also told The New Yorker magazine that he believes Adam would have killed him, too, if he had the chance. And he often con-

templates what he could have done differently in his relationship with Adam, although he believes the killings couldn’t have been predicted.

“Any variation on what I did and how my relationship was had to be good, because no outcome could be worse,” Peter Lanza said. “You can’t get any more evil.... How much do I beat up on myself about the fact that he’s my son? A lot.”

He said he hadn’t seen his son in two years when Adam killed 20 first-graders and six educators at Sandy Hook Elementary School in Newtown in December 2012. Adam killed himself as police arrived. He earlier fatally shot his mother, Nancy, in their Newtown home.

The interviews are Peter Lanza’s first public comments since he released a statement

the day after the massacre expressing sympathy for the victims’ families and puzzlement over his son’s actions.

Peter Lanza believes his son had no affection for him at the time of the shootings.

“With hindsight, I know Adam would have killed me in a heartbeat, if he’d had the chance. I don’t question that for a minute,” he told the magazine. **THE ASSOCIATED PRESS**



Adam Lanza
THE ASSOCIATED PRESS FILE



Radioactive water hampers Fukushima cleanup

A staff member of the Tokyo Electric Power Co. speaks to journalists in front of the No. 1 reactor at the Fukushima Daiichi nuclear power plant during a press tour in Okuma town, Japan, Monday. The radioactive water that has accumulated at the crippled nuclear power plant remains the biggest problem hampering the cleanup process three years after the disaster. KOJI SASAHARA-POOL/THE ASSOCIATED PRESS

Alzheimer's. Senior lived with husband's body, did not realize he was dead

An elderly woman who suffers from Alzheimer's disease lived with her husband's body for a month after he died not realizing what happened, authorities said Monday.

The body of Jesse Kirby, 76, was discovered Friday in his bed when police went to the home in Decatur, Ala., to check on the couple. Living inside the house was his wife, Doris Kirby, 78, who was hospitalized after the discovery.

The man apparently died of natural causes in his sleep about four weeks ago.

The door was closed to the bedroom where the man died. Police saw the man's body through a window. Two dogs that apparently died of starvation were found in the bedroom.

The coroner said the man has two children, but neither realized what had happened because the Kirbys were “sort of loners.”

The children, who are grown, believed the man was taking care of the couple's needs, he said.

THE ASSOCIATED PRESS



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Pistorius trial continues with graphic testimony about girlfriend's wounds

Pretoria. Amputee athlete vomits in courtroom as Reeva Steenkamp's gunshot wounds are described

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp's skull.

Saayman also gave his expert opinion on how long



Oscar Pistorius buries his head in his hand as he listens to questioning during his trial Monday in Pretoria, South Africa, regarding the events surrounding the shooting death of his girlfriend Reeva Steenkamp. BONGIWE MCHUNU, THE ASSOCIATED PRESS/POOL

before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn't have been more than two hours before she died. That appeared to

contradict Pistorius's version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman's testimony was

not broadcast or reported live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to

report the testimony without directly quoting the witness's words.

As the double-amputee runner, hunched over on a bench, vomited as he heard

the description of Steenkamp's wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to understand the proceedings. Roux said Pistorius's reaction was not going to change. A bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back.

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for 29-year-old Steenkamp's shooting death before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his home.

THE ASSOCIATED PRESS

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Snowden speaks at SXSW tech conference



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NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference. Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence agencies interact with citizens. The speech marked the first time Snowden has addressed U.S. citizens directly since going into exile.

"South by Southwest and the tech community, the people in the room in Austin, they're the folks who can fix this," Snowden said. "We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

When asked by an attendee if he had any regrets about his



A screen grab of NSA leaker Edward Snowden. CONTRIBUTED

decision to leak classified NSA documents, Snowden replied that he would "absolutely" do it again.

"Regardless of what happens to me, this is something that we had the right to do," he said, a copy of the U.S. Constitution serving as his backdrop. "I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale."

While the speech drew generally positive responses

from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor and common criminal.

Snowden's speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Convention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.

Travel agents questioned over stolen passports

Missing Malaysia Airlines plane. Search effort widened to find the vanished jet

Authorities questioned travel agents Monday at a beach resort in Thailand about two men who boarded the vanished Malaysia Airlines plane with stolen passports, part of a growing international investigation into what they were doing on the flight.

Nearly three days after the Boeing 777 with 239 people on board disappeared en route from Kuala Lumpur to Beijing, no debris has been seen in Southeast Asian waters.

Five passengers who checked in for Flight MH370 didn't board the plane, and

their luggage was removed from it, Malaysian authorities said. Malaysian Transport Minister Hishammuddin Hussein said this also was being investigated, but he didn't say whether this was suspicious.

The search effort, involving at least 34 aircraft and 40 ships from several countries, was being widened to a 185-kilometre radius from the point the plane vanished from radar screens between Malaysia and Vietnam early Saturday with no distress signal.

Possible causes of the apparent crash include an explosion, catastrophic engine failure, terrorist attack, extreme turbulence, pilot error or even suicide, according to experts, many of whom cautioned against speculation because so little is known.

THE ASSOCIATED PRESS

At a glance

- Two of the passengers were travelling on passports stolen in Thailand and had onward tickets to Europe, but it's not known whether the two men had anything to do with the plane's disappearance.
- The stolen passports, one belonging to Christian Kozel of Austria and the other to Luigi Maraldi of Italy, were entered into Interpol's database after they were taken in Thailand in 2012 and 2013, according to police.



People hold a banner and candles during a candlelight vigil in Kuala Lumpur, Malaysia, on Monday for passengers aboard the missing plane. LAI SENG SIN/THE ASSOCIATED PRESS

Security

U.S. plans sweeping monitoring habits

Stung by internal security lapses, U.S. intelligence officials plan to use a sweeping electronic system to continually monitor workers with secret clearances, current and former officials told The Associated Press.

The system is intended to identify rogue agents, corrupt officials and leakers.

THE ASSOCIATED PRESS

Florida

Skydiver injured in collision says he'll jump again

A skydiver injured when a small plane crashed into him in Florida, says he'll jump again as soon as he feels safe.

Forty-nine-year-old John Frost told ABC's Good Morning America in an interview that aired Monday that he's sore and has some bruises, but no broken bones.

THE ASSOCIATED PRESS

New research. Elephants can discern among languages, gender: Study

Wild elephants can distinguish between human languages, and they can tell whether a voice comes from a man, woman or boy, a new study says.

That's what researchers found when they played recordings of people for elephants in Kenya. Scientists say this is an advanced thinking skill that other animals haven't shown. It lets elephants figure out who is a threat and who isn't.

The result shows that while humans are studying ele-

phants, the clever animals are also studying people and drawing on their famed powers of memory, said study author Karen McComb.

"Basically they have developed this very rich knowledge of the humans that they share their habitat with," said McComb, a professor of animal behaviour and cognition at the University of Sussex in England.

The study was released Monday in the Proceedings of the National Academy of Sciences. THE ASSOCIATED PRESS



A wild elephant in Amboseli National Park in Kenya reacts to sound played by scientists in experiments that show they can distinguish between human languages and genders. GRAEME SHANNON, UNIVERSITY OF SUSSEX/THE ASSOCIATED PRESS

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Peeling back profits

A new global top banana: Fyffes, Chiquita merge

Yes, they have more bananas.

Fruit supply companies Chiquita of the United States and Fyffes of Ireland said Monday they had agreed to merge to create the world's biggest banana supplier.

The all-shares agreement means the two companies will become ChiquitaFyffes PLC, be traded on the New York Stock Exchange and be headquartered in Dublin, a more tax-efficient corporate base. **THE ASSOCIATED PRESS**

Grocery store wars

Loblaws to sell responsibly farmed salmon

Grocery giant Loblaws will be the first retailer in North America to sell a new type of responsibly farmed salmon, an offering it hopes will differentiate itself amid intense competition.

Loblaws, which is also Canada's largest buyer and seller of seafood, said the decision to stock Atlantic salmon certified by the Aquaculture Stewardship Council will give customers more choice when selecting responsibly farmed fish.

THE CANADIAN PRESS

Black Twitter gains followers online, IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter shares opin-



Black Twitter offers self-expression, 140 characters at a time online.

THE ASSOCIATED PRESS

ions on everything from President Barack Obama to the latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C.

Sentiment still relevant in 2014

"We wish to plead our own cause. Too long have others spoken for us."

Freedom's Journal, the first African American newspaper in the United States, declared its purpose on the front page of its first edition in 1827.

Ellis, who has a doctorate in American and Africana studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, *The Bombastic Brilliance of Black Twitter*.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

Meredith Clark, a doctoral candidate at the University of North Carolina at Chapel Hill who is writing her dissertation on Black Twitter, likened it to Freedom's Journal, the first

African American newspaper in the United States. On that publication's first front page in 1827, it declared: "We wish to plead our own cause. Too long have others spoken for us."

"If you are from a particularly marginalized community or one where others have spoken for you, but you have not had the agency to really speak for yourself or make your truth known, then it is absolutely necessary that in any instance you can take on that agency that you do so," said Clark, who tweets from @meredithclark. "And so that is what you see happening in Black Twitter."

THE ASSOCIATED PRESS

Market Minute



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(-0.09¢)



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Come to where the concern is. Come to vapers country

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco.

FRANK FRANKLIN II/
THE ASSOCIATED PRESS

Péladeau. Media baron's political jump raises media-coverage concerns

The day after media tycoon Pierre Karl Péladeau's plunge into provincial politics, he's earning considerable praise in the pages of Quebec's most-read newspaper — one he happens to own.

Columns in the flagship paper of Péladeau's empire described the Parti Québécois candidate as a magnificent catch, a game-changer for Premier Pauline Marois and bad news for supporters of Canadian unity.

Several opinion writers in Monday's *Le Journal de Montréal* also said Péladeau delivers instant credibility to the pro-independence PQ as it tries to beef up its economic chops.

Péladeau stunned the province Sunday by announcing he would run alongside Marois to help the PQ win a majority mandate in the April 7 election.

The media baron's new career is raising concerns about his media company's influence on political coverage in Quebec — even though Péladeau has resigned as vice-chairman of Quebecor Media Inc.



Pierre Karl Péladeau THE CANADIAN PRESS

He's insisted his media outlets would maintain independent coverage.

Péladeau says he will retain his ownership stake in the company and place his investments in a blind trust.

Monday's *Le Journal de Montréal* featured a front-page photo of Péladeau and a half-dozen columns that discussed Péladeau's high-profile candidacy.

Michel Hébert wrote in a column titled, "Péladeau says Yes!" that Marois' manoeuvre to land him was "a masterful coup!" THE CANADIAN PRESS

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THERE SHOULDN'T BE AN APP FOR THAT

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just \$1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection to-



SHE SAYS
Jessica Napier
metronews.ca

wards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people

to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boy-friend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that \$1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Anyone want to retweet this?



ZSL LONDON ZOO/REX

Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. **METRO**

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." **METRO**

Other selfie moments

- Barack Obama. The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- Kim Kardashian. The star

showed she was back to her booty-shaking best after giving birth to North West in June.

- David Cameron. The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait



IRENE KUAN
Metro Online

Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of \$30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.



ISTOCKIMAGES

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.

Virtual Nail Salon by ModiFace:

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.

Twitter

@metropicks asked: @strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

@KeightyEm: Just when you weren't sure it was possible... hockey got sexy.

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine,

but I'm still going to win the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone! :)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombo is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronounce his name now!

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DVD review



Inside Llewyn Davis

Directors. Joel Coen, Ethan Coen

Stars. Oscar Isaac, Carey Mulligan, John Goodman

• • • • •
The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. Extras include the feature-length concert film *Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis*.

The Hunger Games: Catching Fire

Director. Francis Lawrence

Stars. Jennifer Lawrence

• • • • •
This is no dull replay of the first movie, even though teen scrapper Katniss Everdeen (Jennifer Lawrence) is forced anew into gladiatorial combat.

The stakes are larger and also more interesting. Katniss discovers many more admirers and enemies, and it's becoming harder to tell them apart.

Extras include deleted scenes, a director's commentary and a sneak peek at *Divergent*, the next teen franchise hopeful.

PETER HOWELL

YA has got it Half Bad and that's good for new author

Working its magic.

Debut novel that bucks futuristic dystopian trend casts potent spell

EMILY
LAURENCE

Metro World News

Before its release last week, Sally Green's book *Half Bad* had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for *Twilight*, *The Book Thief* and *Percy Jackson: Sea of Monsters*. Oh, and it's her first book.

If you're already completely over *The Hunger Games* and need something to hold you over until *Divergent* hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, *Half Bad* is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad.

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third



Debut YA author Sally Green. CONTRIBUTED

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."

Sally Green, author of *Half Bad*

book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in *From Dusk Till Dawn*. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan

Turner, who was in the latest *Hobbit* movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a



bit nerve-wracking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."



Johnny Weir and Tara Lipinski. ALL PHOTOS: GETTY IMAGES

Is the Golf Channel ready for Johnny and Tara?

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home.

"We didn't think anyone

was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby (or) Toddlers and Tiaras."



Eva Mendes

Mendes is on a mission to prove she's mama material

Eva Mendes is reportedly working hard to convince boyfriend Ryan Gosling that it's time to start a family, according to Radar Online. And part of her campaign apparently involves quality time with friends who already have kids. "Eva is spending a lot of time with January and

her two-year-old son, Xander," a source says of Mad Men star January Jones. "She's going overboard with her supportive relationship with January, who has her hands full as a young mother at the moment. Eva seems obsessed with proving to Ryan that she's ready to start a family."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

PAT HEALY
Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that

I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted.

Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?



Jennifer Aniston

Why Jennifer won't up the world's selfie quotient

Photos of Jennifer Aniston are pretty common, but one thing is for sure: They'll always be shot by someone else, as the former Friends star is definitely not a fan of selfies. "I don't understand them," she tells Self magazine, a magazine title which predates popular culture's embracing of the term "selfie," and a magazine decidedly not dedicated to that form of expression.

"I feel like there's enough out there. Why add to it?" And while she's perfectly comfortable in her own skin, she does have some ideas just in case she's ever allowed to trade bodies with someone else. "I'd love to be able to ski like a crazy person, like Lindsey Vonn," she tells the magazine. "Then I'd also like to have Gisele Bündchen's body, just because, why not?"

Efron looks forward to a High School reunion

Zac Efron isn't about to shy away from his High School Musical roots.

In fact, while his career has clearly grown past the Disney franchise that launched him, Efron reveals that he and his fellow cast-mates are up for a reunion.

"We're all thinking about it," he tells E! News.

"I continue to see all the guys from High School. Every time we do, there's just this look between us. It's so cool because we never forget a single moment of that experience. It brings you right back to those days."



Zac Efron

Twitter



@ElizabethHurley

Full of the joys of Spring. Chickens, parrot, dogs and alpacas fed. Lap top open and espresso on the way.



@ActuallyNPH

Took the kids to their first Broadway show today: the Lion King. Mine was 25 years ago: Les Misérables. It's the circle of life...



@lenadunham

I just made and deleted a not so great molestation joke. Sorry guys. I am really sleepy.

For your phone

UP Coffee (iPhone, free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.



Half-off

Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.



The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under \$40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.



Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.



Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.



Feed 4 for about \$40

Here is a way to feed your family for \$42.06.

Breakfast: Power Oats \$5.07

- Rolled oats (7 cents/serving) = 28 cents
- Apples (37 cents/serving) = \$1.47
- Milk or milk alternative (50 cents/serving) = \$2
- Peanut butter (20 cents/serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad \$21.23 (with chicken)

- Whole wheat or brown rice rotini (30 cents/serving) = \$1.20
- Chicken breast (\$2.80/serving) = \$11.20
- Grape tomatoes (61 cents/serving) = \$2.47
- Frozen cauliflower (22 cents/serving) = 88 cents
- Feta cheese (\$1.37/serving) = \$5.48

Dinner: Bean Chili \$15.76

- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = \$1.28
- Frozen corn (22 cents/serving) = 88 cents
- Onion (15 cents/serving) = 60 cents
- Green bell pepper (80 cents/serving) = \$3.20
- Mushrooms (50 cents/serving) = \$2
- Whole grain roll (57 cents/serving) = \$2.28
- Cheddar cheese (74 cents/serving) = \$2.96

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DEADLINE IS MARCH 31ST

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Study

Happy thoughts
lead to better
food choices

Call it the happy meal diet.

A study conducted by Cornell University has found that a person's mood affects what kind and how much food a person consumes. The study was the subject of a paper called *Better Moods for Better Eating?: How Mood Influences Food Choice*, which was published in the *Journal of Consumer Psychology*.

"People use food to either maintain a good mood or regain a good mood," said Brian Wansink, a professor at Cornell and co-author of the paper in a release. If you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," said Meryl P. Gardner, co-author and associate professor at the University of Delaware.

The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you'll eat less and better" said Wansink. **ROBERT**

CRISCOLA, METRO WORLD NEWS IN NEW YORK CITY

'Pull your sweet tooth' and lose weight with chocolate

MAX PRINZ

Metro World News in New York City

Dr. Will Clower's new book, *Eat Chocolate, Lose Weight*, claims you can reduce food cravings and learn better eating habits by incorporating a surprisingly healthy food: chocolate.

"Chocolate does a lot of good things for you," Clower says. "I have people eat the chocolate in association with meals. What I've seen is that, when it's applied this way, the overconsumption at the plate is reduced by about half."

The method uses chocolate as a teaching tool to help stop overconsumption. Eating chocolate the right way, as Clower describes, can lead to big diet changes. "The point is when you eat your chocolate to take your time, to let it sit on your tongue, to — and this sounds crazy — actually taste your food," Clower says. "It turns out that when you do that you get something called sensory specific satiety."

That result is a key part of ending overeating at meals. In addition, the chocolate aids in reducing cravings for foods high in sugar using a process Clower calls "pulling your sweet tooth." How is this done? It starts with something Clower calls the Horizontal Taste Test, which



A new book uses chocolate as a teaching tool to help stop overconsumption. ISTOCK

helps in adapting one's taste buds to darker chocolates, which have less sugar and more healthy antioxidants. The more cocoa in your chocolate, the better it is for you.

"Americans eat 140 pounds of sugar per person per year," Clower says. "That issue is a massive driver of health problems. So it becomes very important when you're eating your chocolate

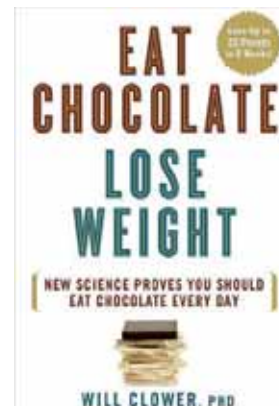
to use the chocolate to pull your sweet tooth."

Once your sweet tooth is gone, it becomes dramatically easier to make healthier decisions when it comes to eating. "When you pull your sweet tooth and adapt your taste in a direction of darker chocolate, what you find is you just don't have a craving anymore for 140 pounds of sugar," Dr. Clower says. "The

things that [people] used to like become too sweet. And when that happens [people] don't want them anymore."

The benefits of chocolate aren't limited to weight loss. High-cocoa chocolate aids many other areas of a healthy lifestyle.

"[Antioxidants] can help to grow the vasculature within muscles," Clower says. "In other words, the little capil-



laries, little blood vessels, can grow into your muscles." This, in turn, can increase the amount of energy you have throughout the day, your time until exhaustion and your metabolic rate.

"The cascade from the physiological substructural effects all the way up into your life is huge," Clower says. "If you have more energy through the day you're more likely to move, you're more likely to be active. You're less likely to blow off your exercise routine."

The book also contains several different recipes to help beginners get cooking with cocoa. Clower is particularly partial to the book's chili, pecan brownies and dry rub for pork. It turns out you can have your chocolate and eat it too.

Probiotics to the mental rescue



BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

Probiotics — they truly can help you be happy, healthy and slim. In the March-April issue of *Best Health* magazine, Melissa Greer writes about some of the incredible benefits of probiotics, "the friendly bacteria."

They are widely known to maintain a healthy digestive system. They also boost immunity and many health-care practitioners recommend you have them daily.

Now, researchers think some probiotics can also

improve mental health—and they have even come up with a new term for them: Psychobiotics.

That's because they could produce a health benefit in patients suffering from psychiatric illness, specifically depression or other stress-related disorders.

According to Alan C. Logan, a Connecticut-based naturopathic doctor and co-author of *Your Brain on Nature*, probiotics help to balance gut microbiota — the bacteria inside our stomach.

"These bacteria do a lot but, most importantly, they protect the gut lining," he says.

An imbalance of gut

microbiota (due to psychological stress or a high-fat, high-sugar diet, for example) can lead to intestinal permeability.

Why is that a bad thing? Because it means parts of the bacteria could pass through the gut lining and into your bloodstream, leading to low-grade inflammation. And that has been connected with obesity, disease — and mental health problems.

The beneficial probiotic strains, and those that are typically found in foods, are members of the lactobacillus and bifidobacterium families, says Logan.

A 2011 study monitored adults who were given either a probiotic product

that included lactobacillus and bifidobacteria, or a placebo, every day at breakfast for 30 days. Those who consumed probiotics were found to have lowered stress and anxiety.

It may be unrealistic to expect that probiotics will replace medications in the treatment of depression. But the message for now is that probiotics not only help you avoid obesity and disease—in Logan's opinion, "although more research is needed, probiotics taken in conjunction with a healthy diet and exercise may benefit mental health."

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.



Probiotics are known to improve digestive and mental health, evidence suggests. ISTOCK

Spaghetti Squash 'Alfredo': Creamy comfort with some health benefits

Health Solutions

Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper.

It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular

milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand.

Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later.

For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. COURTESY THERESA ALBERT

START TO FINISH
25 MINUTES

THERESA ALBERT

myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories.

You can't lose with this quick weeknight vegetarian meal.

If you don't have the spa-

ghetti squash, just make pasta and call it a day.

1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

2. Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

3. In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

Ingredients

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour
- 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese

4. Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!

5. Scoop out seeds from squash and discard. Pull

fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese.

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Pass the chickpeas and pasta

This large vegetarian salad, featuring chickpeas (also known as garbanzo beans), would be great on its own for lunch or as a side dish for din-

ner. The recipe is easily cut in half.

1. In a large bowl, combine pasta, chickpeas, celery, car-

rots, red peppers, green onions and feta. Toss lightly to mix well. Add dressing and toss to coat well. (Make ahead: Pasta mixture can be

prepared a day in advance. Refrigerate overnight and toss with dressing before serving.) **THE CANADIAN PRESS/PULSECANADA.COM**

Ingredients

- 1 l (4 cups) cooked corkscrew pasta, drained and cooled
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 375 ml (1 1/2 cups) chopped

celery

- 375 ml (1 1/2 cups) shredded carrots
- 2 sweet red peppers, chopped
- 4 green onions, finely chopped

- 50 ml (1/4 cup) crumbled feta cheese
- 75 ml (1/3 cup) light Greek salad dressing

Nutritional info

149 calories; 5 g protein; 2 g fat (1 g saturated fat); 3 mg cholesterol; 27 g carbohydrates; 4 g fibre; 227 mg sodium



This recipe makes 13 servings (250 ml/1 cup each). THE CANADIAN PRESS

REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP PREVENT ILLNESS

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu



DMITRY LOBANOV/SHUTTERSTOCK

shots — can be 70 to 90 per cent effective in healthy people younger than the age of 65.

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you

should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office

of health administration, covering coughs and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR DURING COLD AND FLU SEASON

According to the American Lung Association, taking time away from dry, climate-controlled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.



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The nighttime sniffing, sneezing, sore throat, coughing, aching, fever, so you can sleep with a cold...medicine.



VICKS DAYQUIL & NYQUIL

THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have

high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated



MINERVA STUDIO/SHUTTERSTOCK

cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods

such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some



easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs.

Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.

- Experiment with probiotics. In the natural

health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.

- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

TAP INTO YOUR PERSONAL NETWORK

GET A JUMP ON THE SUMMER JOB HUNT

While it's hard to think of summer jobs when it's still cold and snowing outside, students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into



MICHAEL JUNG/SHUTTERSTOCK

your personal network.

"Most (job) opportunities are found through networking," says Dianne Twombly, the manager of career develop-

ment at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

ANOTHER OPTION

Self-employment is another summer job option, which can help you develop many important skills that will serve you well down the road, including managing finances, time management, sales and organization. "Definitely, there's lots to be learned from running your own business," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

Remember, the effort you put into the job search will dictate the results you get.

"What you put into that job search is kind of what you are going to get out of it," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

Your journey
to a better job
starts here.

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OBTAIN KEY SKILLS, TRAINING ALGONQUIN COLLEGE

Workforce and personal development at Algonquin College has created the experienced worker centre to support transitioning workers who are unemployed, underemployed, and/or looking for a career path.

"Many jobs in Canada are going unfilled because employers can't find people with the skills they need," says Denyce Diakun, director, workforce and personal development, Algonquin College. "Assisting the individual in obtaining the key skills and training required will move them to employment quickly, enabling them to obtain high-quality and well-paying jobs."

The centre provides individual interviews to determine the skills the worker currently has, what available career options they are interested in and what training would help them to find a job in their area of interest.

"Recognizing that they bring significant transferable skills, they are able to regain a sense of confidence and move into a career that allows them to obtain employment," Diakun says.

The team provides current information on regional labour market data so the individual



CONTRIBUTED

can make an informed decision.

Additionally, the team will advise the transitioning worker on their eligibility for government funding to support their education and training.

For more about this program, call the experienced worker centre at 613-727-4723, ext. 5076, or visit algonquincollege.com.

Terry Trafford

T.O. police believe missing OHLer still stateside

Toronto police say there's no indication a 20-year-old Ontario Hockey League player with a Michigan team who's been reported missing has entered Canada.

Police say it's believed Terry Trafford, a centre with the Saginaw Spirit in Saginaw, Mich., may have left the state to return to his hometown of Toronto.

But Toronto Const. Victor Kwong says authorities have no record of Trafford crossing the border.

Lt. Brian Cole with Michigan state police said Monday that Trafford is considered a "voluntary missing person."

Cole says a detective is trying to confirm where Trafford last was seen and to whom he may have spoken.

The team says he last was seen March 4 at the Wendler Arena, the Spirit home arena.

Team president Craig Goslin says the team is "very concerned for the young man" and hopes he's found soon.

Trafford has been with the Spirit for several seasons. He's described as five-foot-11 and 190 pounds, with black hair.

THE CANADIAN PRESS



Saginaw Spirit centre Terry Trafford has been missing since March 4. OHL IMAGES

Grapes: I won't be squeezed for changes

Hockey Night In Canada. Don Cherry vows Coach's Corner segment will continue its past formula



JESSICA SMITH CROSS
Metro in Toronto

Don Cherry made a few things clear on Monday: no one tells him what to do, he'll never change and Hockey Night In Canada should be always aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean, who will also have an expanded role hosting the Home-town Hockey Community Celebration on Sunday night.

Sportnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus the playoffs including the Stanley Cup Final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have



George Stroumboulopoulos, Jeff Marek, Daren Millard, Ron MacLean and Don Cherry speak during Monday's press conference in Toronto. JESSICA SMITH CROSS/METRO

Clothes make the man



"Well, my suits and that, to start with. No, I really have no idea. If I did, I'd probably screw it up."

Don Cherry, on why the public likes him.

that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move? I'm not used to being told what to do,' he said. "I'm not about to be told now what to do.

"It does seem strange. It hasn't hit me yet. They said you have to take that picture, I said what picture — it's for Rogers."

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Much of the new HNIC has roots in the CBC — the show itself, Stroumboulopoulos and the Rogers VP in charge of the deal, Scott Moore.

Cherry was asked what he thinks that says about the state

of public and private broadcasting in Canada.

"I don't know about that, I'm not that clever," he said. "I know they (Rogers) paid a lot of money for the thing, so it must be doing something right."

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a Habs fan since he was five and "the Habs were good — which quickly went away," he said.

Canadian juniors set to fly with Blue Jays



The Canadian junior baseball team will face off against Brett Lawrie, a graduate of the team, and the Blue Jays on Tuesday. KATHY WILLENS/THE ASSOCIATED PRESS

Playing any major-league squad is memorable for the Canadian junior baseball team but Tuesday's date with the Toronto Blue Jays is extra special.

Major-league teams provide a variety of opposition against the Canadian juniors, with many fielding prospects. The Jays take it a lot more seriously than most.

Jays expected to figure in the game include Canadian Brett Lawrie, Adam Lind and Munenori Kawasaki and pitchers Brandon Morrow

and Steve Delabar, among others.

"That's truly a split squad. They're all big-league camp guys," said Greg Hamilton, head coach of the juniors and Baseball Canada's director of national teams. "The other clubs that we're playing, they wouldn't be all big-league camp guys."

Tuesday's game is a partnership with the Jays, who will also bring in a lot of the Canadians in their organization.

"It's a real nice Canadian

Finding young talent

Brett Lawrie, now 24 and entering his third full season in the majors, is a graduate of the Canadian junior baseball team.

- He entered the program when he was 14. The current squad is made up of 15- to 18-year-olds.

day at the park," said Hamilton. THE CANADIAN PRESS

Roll of the dice helps McKeever win gold medal



Cross-country skiing. Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own."

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. **THE CANADIAN PRESS**



Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

Blame lifted from dead skicross racer



Canadian skicross racer Nik Zoricic was killed two years ago in a crash during a World Cup event. JONATHAN HAYWARD/THE CANADIAN PRESS

The family of a Canadian skicross racer killed two years ago at a World Cup event feels vindicated now that sport authorities no longer blame him for the tragedy and instead have made safety improvements to course design, their lawyer said Monday.

Lawyer Tim Danson said the family of Nik Zoricic feels his legacy has become something positive and to be celebrated.

"We were not prepared to accept that Nik was responsible for his own death," Danson told The Canadian Press.

"We just wanted the truth to be acknowledged."

In the immediate aftermath of his fatal crash at an event in Grindelwald, Switzerland, on March 10, 2012, ski officials angered the family and others in the skiing community by suggesting Zoricic, 29, was to blame for his death.

The family responded by arguing the death was "entirely avoidable" and blasted the course finish line for being a "death trap."

In a letter to his parents this month, the International Ski Federation called Zoricic

a "talented, experienced, and skilled" World Cup skier who did not take unnecessary risks.

"It would therefore not be right to describe his accident as a 'freak accident' or 'pilot error,'" the federation's president and secretary general wrote.

The letter further states that the federation has updated its safety guidelines and beefed up the staff and experts who help organizers construct a course and its safety measures.

THE CANADIAN PRESS

Fatal crash

Nik Zoricic was competing in his 36th event in Grindelwald when he was killed at the finish line of a tight three-way race.

- He was travelling 90 km/h when he veered to the right after the final jump, landing about a metre to the right of the official course line in "crud" rather than on a groomed shoulder.
- He snagged safety netting and tumbled into hard-packed snow, smashing his head.

MLB

Cabrera takes Cards deep twice

Miguel Cabrera hit his first two home runs of spring training and Max Scherzer struck out five in 4 2/3 scoreless innings Monday during the Detroit Tigers' 17-5 romp over the St. Louis Cardinals.

THE ASSOCIATED PRESS

MLB

Bonds back with Giants for short stay

Barry Bonds is wearing a San Francisco Giants uniform once again, now as a hitting coach at spring training.

The career home runs leader joined his former team Monday at camp for a week-long stay.

Bonds, 49, appeared slim-



Barry Bonds
THE ASSOCIATED PRESS

mer than he did during his last 15 seasons playing for San Francisco, where he finished in 2007 with

762 homers. "It feels really good to get back to the game that I love," Bonds said.

THE ASSOCIATED PRESS

Tennis

Wozniak advances at Indian Wells

Aleksandra Wozniak reached the fourth-round of the BNP Paribas Open on Monday with a 6-1, 6-7 (3-7), 6-0 defeat of Russia's Anastasia Pavlyuchenkova. She will next face world No. 2 and top seed Li Na.

THE CANADIAN PRESS

NHL

Luongo joins sunny disposition in Fla.

Roberto Luongo's future looks a lot brighter now that he's in Florida.

While the Canucks, who dealt him last week at the trade deadline, head in the direction of a rebuild, the Panthers look like a team on the upward climb

thanks to new owner Vinny Viola and a cadre of young prospects GM Dale Tallon has assembled in the NHL's southernmost market.

Luongo sees potential stars in Jonathan Huberdeau, Nick Bjugstad and a handful more young players around the locker-room. At 34 years old, he wants to contribute to the revival of the franchise rather than riding coattails. **THE CANADIAN PRESS**

Horoscopes

Aries

March 21 - April 20

A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

Taurus

April 21 - May 21

Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

Gemini

May 22 - June 21

This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

Cancer

June 22 - July 23

This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

Leo

July 24 - Aug. 23

Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

Virgo

Aug. 24 - Sept. 23

You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

Libra

Sept. 24 - Oct. 23

The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

Scorpio

Oct. 24 - Nov. 22

The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

Sagittarius

Nov. 23 - Dec. 21

You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

Capricorn

Dec. 22 - Jan. 20

Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

Aquarius

Jan. 21 - Feb. 19

Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

Pisces

Feb. 20 - March 20

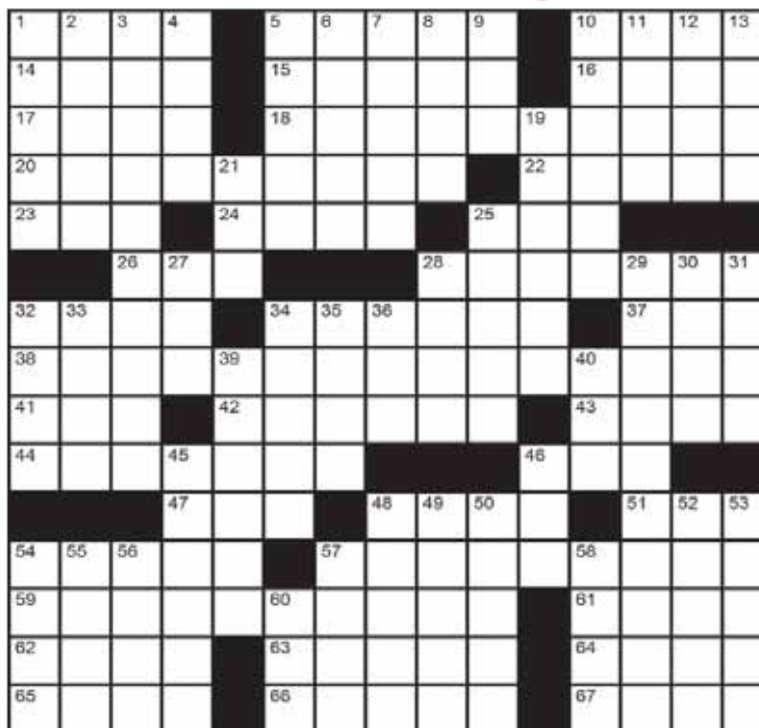
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Loos
5. "___ the Land" by The Guess Who
10. "Don't take ___ seriously..."
14. "Brrr! There's ___ outside."
15. ___ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-___ Baby"
34. Roughriders home, ___ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. ___ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, ___.
51. Lake: French



54. Humdrum
57. Plant not found in Newfoundland: 2 wds.
59. Muskoka's locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
61. ___ empty stom-

- ach: 2 wds.
62. To boot
63. Computer company
64. Sell
65. ___ green (Really bright colour)
66. Fix pant legs again
67. Sparkling wine from Italy

Down

1. Oversight
2. Keep ___ of mystery
3. Tom Cochrane & Red Rider song: 2 wds.
4. Li'l requirement
5. Jerk
6. Thugs

7. Cosmetics brand
8. Clarinetist's prop
9. Paul Anka's "___ Beso (That Kiss!)"
10. How some heights and lengths are measured: 2 wds.
11. Labour
12. Dance music of the Caribbean

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

13. -Dokey's lead-in
19. An official language
21. Select
25. NBC's "The ___"
27. Bronze Roman money
28. Surrealist painter Salvador
29. 1800s fashions undergarments
30. Actress, Melissa Joan ___
31. Lhasa ___ (Arf!)
32. Songstress, India. ___
33. Church's sounder
34. King with a golden touch
35. Kitchen appliance
36. Montreal seasoning
39. Foregoes
40. Three-toed sloths
45. The ___ Place Hotels
46. Card game
48. Actor Mr. Lundgren
49. Thousand: French
50. "Hmmm, ___ to remember..."
52. Before: French
53. Songstress Ms. Lauper
54. Comparison word
55. Govern
56. "___ doing..." (Thereby)
57. Tube
58. NS part
60. Alternate spelling, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



5°/-12°
Variable

Wednesday



-5°/-17°
Flurries
60%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

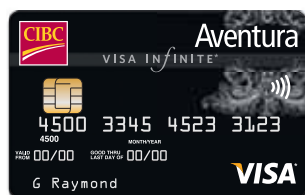
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